



NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

VOL. 4 NO. 9

NEWARK, NEW JERSEY

NOVEMBER 1986

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Newark Children To Benefit From New Educational Program

It has often been said the key to breaking the chains of poverty is education. With this in mind three concerned community groups in Newark have come together to provide new hope for the future of many of this city's children. They are Essex County College, the Newark Board of Education and 8 inner city schools.

After six months of planning they have evolved a Chapter I service program to remedy academic deficiencies of children in non-public Newark schools in grades K through 8. The program will begin on November 5, 1986 at Essex County College to whom the Newark Board of Education has contracted the program. Five hundred (500) students are expected to benefit from it.

Involved in the planning were Mr. Charles LoVollo, Dean of Community Affairs and Continuing Education at Essex County College, Mr. Connie Richards, Director of Special Projects, representing the Newark Board of Education and Sister Dolores Russo, S.C.H., of the St. Rose of Lima, Newark, School Development Office and an educational planner, representing the inner-city school principals. Coordinating the program is Ms. Candy Dickerson of Essex County College.

Monsignor William J. Linder, pastor of St. Rose of Lima is constantly looking for ways to improve educational opportunities here in Newark and Dr. A. Zachary Yamba, president of Essex County College had mentioned in an interview for The Clarion of March 1985, his desire to provide opportunities for educational growth here by putting the facilities of the college at the disposal of the community, so the goals of both will be aided by the Chapter I program.

Sister Dolores, when asked about the program, felt it "gives hope to inner city children." She saw it as "a great challenge and sign of optimism that these three institutions can come together in such a hopeful venture. The children of Newark will have to profit from this," she said appreciatively.

Dr. Vernell Patrick, special assistant to the president for administration at the college told us they already have articulation agreements with high schools to ease the transition to college and "the Chapter I services will simply be an extension of this, reaching

down into the elementary schools where aspirations are in the development stage; where deficiencies can be remedied with greater ease. We all benefit from this program," he stated. "It's one of the few games you can play where every situation is WIN, WIN!"

The Chapter I services fulfill a dream of inner city schools to provide the best education possible. For those students who may be deficient in some areas the extra help might be the difference between going to college and not being able to. The future will indeed look brighter.

Participating in the new program will be Blessed Sacrament School, Brother Stephen Synan, F.M.S., Principal; Saint Ann School, Sister Michael Maurice, O.P., Principal; Saint Columba School, Sister Mary Walter, S.C., Principal; Saint Mary School, Sister Jude Catherine, S.S.J., Principal; Saint Rose of Lima School, Mr. Arthur L. Wilson, Principal; St. Michael's School, Ms. Linda Cerino, Principal and Saint Rocco's School, Mr. Anthony Decina, Principal. The schools are all part of Deanery 20 of the Archdiocese of Newark and the program has been approved by the diocesan school office.

gram is its voluntary status. Although children must qualify through testing, parents must give their consent for the children to be enrolled. It is a real challenge, for seventh and eighth graders will attend on Wednesday afternoon and grades K-8 will attend on Saturdays from 9 a.m. to 2 p.m. Parents of children have been marvelous about recognizing the gift they are being given and taking advantage of it.

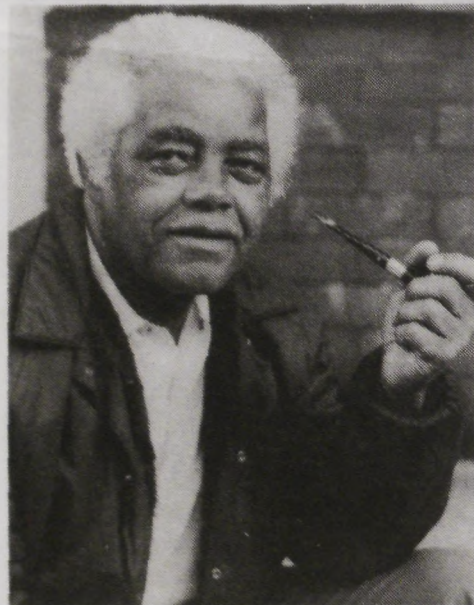
It is these dedicated parents who will make the difference for their children's future, and they are to be congratulated for the caring example they are setting.

Teachers for the program have been selected with care. Strict certification has been required. Over 100 persons were interviewed for positions, from which 48 teachers were chosen and 18 assistants. Years of experience was an important criteria. First orientation for the teachers was held on October 25th and a second day on November 1st.

Principal Arthur Wilson of St. Rose of Lima School is excited about the quality and potential of the whole program. "My children are excited too," he told us. "They are excited to be going to 'college'," he said laughing, but then added seriously, "and with a wonderful opportunity like this, perhaps that dream of a college education will come true."

A Quiet Man Who Gets Things Done

Who is Bob West? That was the question asked by my photographer as we took off to capture our Supervisor of Landscaping in action. My assurance that she would know him when she saw him proved to be correct — she had seen him everywhere but had never known his name.



Bob West

The incident points up the fact that many outstanding employees never seek the limelight but do a tremendous job, quietly, dependably day after day.

Bob West is one of them. Mr. West came to New Community in August, 1981 as supervisor of superintendents and custodians for our housing. The job of supervising both the interior and exterior maintenance of the New Community Network grew to a point where two supervisors are now necessary to ensure a smooth operation. Mr. West took the outside crew.

To cover 46 acres of grasscutting in summer and snowblowing in winter, plus outlying buildings such as NC Manor and NC Douglas is quite a formidable task, requiring constant observation and scheduling. Bob handles it all with aplomb. "We cut all the grass at New Community," he told me. Noting the wet summer

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A unique aspect of the service pro-

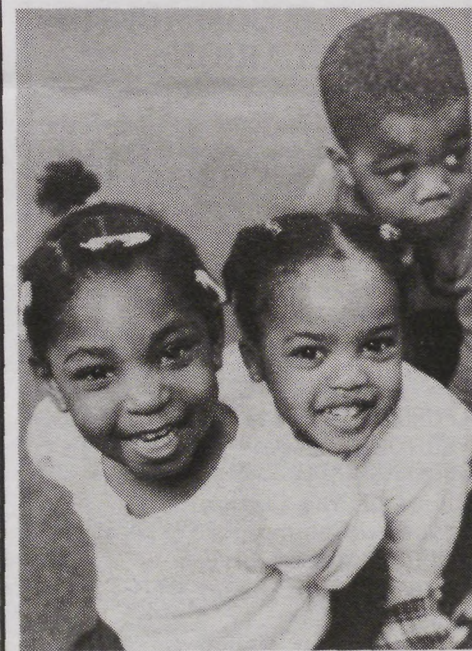
Campaign For Human Development Invests With NCFCU

On October 15, 1986 at a press conference in St. Patrick's Pro-Cathedral, Tom Collins, Deputy Director of the Campaign for Human Development (CHD), presented New Community Federal Credit Union, (NCFCU) with a non-member deposit of \$50,000.00.

To underscore the importance of the deposit, Mr. Collins flew in from his office in Washington to personally deliver the check. Furthermore, Archbishop Theodore E. McCarrick was also on hand to greet Mr. Collins and take part in the presentation. The deposit represents a three year commitment and a significant shift in CHD's method of investing in minority areas. As Mr. Collins explained during the press conference, "CHD had predominantly focused its efforts to spur economic develop-

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The Faces Of Babyland



More photos on page 12

Campaign Invests...

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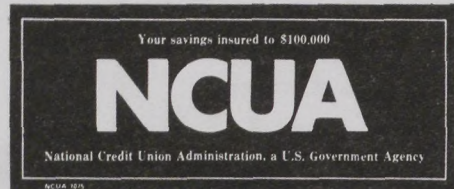
ment in minority neighborhoods through minority owned banks."

However, at the urging of local CHD employees, such as Sister Catherine Daly, CHD has now chosen to enjoin Community Development Credit Unions (CDCU's) as an alternative vehicle for neighborhood economic development. CHD has found CDCU's such as NCFCU particularly attractive since they have the dual objective of promoting neighborhood economic activity while providing a wide range of consumer credit to residents of otherwise redlined communities.

We at NCFCU are especially pleased, since the CHD deposit represents the first such deposit received by a CDCU. To assist CDCU's in their objective, CHD will allow all earnings from the deposit

to continually recycle until the end of the three year maturity period.

The non-member deposit from the CHD represents a significant boost to the NCFCU capitalization program, because of minimal expense of administering the funds. Most importantly, it indicates the potential



that can stem from the networking of individuals and institutions such as Sister Catherine Daly, Mr. Collins and CHD. The impact of this deposit will be felt in our neighborhood far beyond its three year maturity period.



Savoring the pleasure of the moment, (L-R) Archbishop McCarrick, Mr. Collins, Mr. Richards, Ms. Singletary and Monsignor Linder partake in the check presentation ceremony.

Organizational Development Study

During the next few months, Sisters Dolores Russo and Catherine Moran will meet with NCC and Babyland Staff to give a series of workshops to enhance organizational development. The purpose of these meetings is to assist the Corporations to become a self-renewing system of people who recognize the

need for change and who will respond positively.

The essence of organizational development is to help people to learn more productive ways of relating to each other to solve problems, to identify goals, to improve organizational capabilities, and to perform the functions to which they are committed. In the light of the philosophy, goal, and objectives of NCC, commitment to excellence is a reasonable expectation.

The Sisters will be sending reminders to administrators regarding the dates, times, and places for the forthcoming meetings.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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c/o New Community Corporation
233 W. Market Street
Newark, New Jersey 07103
(201) 623-2800
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Announcement!
All NCC Residents
OVER 18 YEARS
FREE FLU SHOTS

New Community Health
Care Center

233 West Market St.

Friday November 7th, 9:00 a.m. to 11:30 a.m.
No appointment necessary

Listening To People...

About a week ago, this reporter happened upon a lively discussion on New Community's proposed shopping center. (The discussion is actual but the names have been changed). Mrs. Mann was saying that this would be another Thanksgiving that she would be unable to do her holiday food shopping in the City of Newark. She would have to travel to a super-market in Belleville. There seemed to be unanimous agreement with Mrs. Mann expressed with a great deal of bitterness. Mrs. Brown asked why the courts take so long to deal with the land condemnation and she wondered aloud where the wife of the presiding judge of the appellate court was going to do her food shopping for her family. Generally, there was a great deal of disgust with the judicial system and its lack of response to the needs of the people.

Mrs. Call pointed out that over 12,000 adults had signed a petition in strong support of New Community's Neighborhood Shopping Center. Mrs. Mann indicated that no one in authority was really paying attention to this shopping problem and that the people in Newark are getting angry.

Mrs. Dixon began to talk about the downtown development. She wanted to know why we could see so much development downtown on land which was obtained through the condemnation process. There didn't seem to be any problem when it came to downtown development. Mrs. Call pointed out that the universities had not stopped developing, and they didn't seem to have the same obstacles as New Community. Mrs. Mann added that the Mulberry Street Plaza was built because it was felt that the old Mulberry Street shopping area, which was so important to the residents of Newark, was an eyesore to the commuters.

Mr. Edwards remarked that New Community had offered to relocate any legitimate business on the site of

the future Neighborhood Shopping Center. However, some businesses do not make any contribution to wholesome community life. Mrs. Brown said that Mr. Edwards must be referring to the liquor store which sells only cheap wine and attracts only the undesirables to the community. Mrs. Hill said her children had to pass that corner everyday and she feared for their well-being.

"How can a few greedy people delay a project which is so needed by the people?" stated Mrs. Mann. "Why are there only delays when the people who live in Newark want a project?" Mrs. Frank who has five children joined in saying, "One corner is filled with wino's and drug addicts. How long must we put up with this?" Mrs. Mann added that "The one store doesn't even stay open past one o'clock."

Mrs. Lewis had been very quiet during the discussion. Suddenly, she began to speak angrily. She said, "I am seventy years old, I have suffered a great deal. There are so many things in my life that I have been denied. But I want one thing made very clear — right now I am fighting for my grandchildren. There isn't anybody who represents himself as a leader in this community who is going to sell our rights. They are going to pay for it. And if there is a judge who will not support us in what we want, we will bring that fight to his home. If there is someone who is standing in the way of what is good for this community, they must answer for it. I may be seventy, but I'd rather go to jail than see this injustice continue upon my children and my grandchildren."

The residents involved in this discussion made it clear that the New Community Shopping Center is needed. They are willing to fight for the right to build it.

(NEXT MONTH: UNIVERSITY HEIGHTS)

ATTENTION ALL TENANTS

NCC Health Care Center

623-2480

Transportation to NCC Health Care Center
will be provided for your convenience.

233 W. Market Street

at

Newark, N.J. 07103



Join us for a relaxing musical interlude with
"Thursday Night Showcase"

Featuring N.C.C.E.

a New Community Creative Ensemble

in the atrium beginning at 6:30 p.m.

Buffet until 11:00 p.m.

Cash Bar

A Quiet Man...

Continued from page 1

growth he commented, "I cut grass here today and in a few days come back, and I don't believe it."

Then there are trees and shrubs to be pruned, edging to be done and all that fertilizer and grass seed to be applied to keep New Community looking first class. Bob keeps his crew working together so it's a smooth team.

He also keeps an eye out for unplanned traffic patterns, especially if they develop across lawns, and suggests fence usage to keep grounds intact. It is a tough job to keep the area looking well with so many little children involved. Fortunately Bob does not get discouraged. He likes his work.

But there is another side to the work he does for NCC which is sym-

Bob is a shining example of this cooperation as he responds to unusual situations where a crew of men are needed temporarily to solve a problem. Sister Patricia Lynch of the NCC Extended Care Facility remarked that "the building would never have been ready for opening day without his help." She remembered seeing him put together furniture, polish floors and then some. When furniture needed replacement after renovations at the Babyland run Family Violence Shelter, Bob took time to help out and get the job done.

There is never a grumble about the fact that he must adjust his own scheduling to accommodate the need. He just makes the time to do what needs to be done and goes on from there. His helping hands have also visited St. Rose School from time to time. But this, he feels, is good...To be



Pruning trees is an ongoing job when covering 46 acres.



Rearranging furniture at the Shelter is an easy task for Bob West.

bolic of our whole theory of being and that is called "pitching in."

As we related in the August issue of the Clarion, workshops are being held which stress the philosophy of unity and cooperation built into the whole New Community Network from the beginning. This cooperation is one of its greatest strengths.



The wetter the summer the faster the grass grows, needing careful tending.

able to help others.

Bob is very proud of his crew and can depend on them to continue when he is called away. This he knows, because when he returns the job is done and done properly. He enjoys being a supervisor and tells his crew

"when I look good, you look good." So it is up to them to do a good job for him, for he does not forget their efforts.

The Extended Care Facility and St. Joseph Plaza are also his responsibilities. "All of them came to me,"

he said evenly in explaining the expanse of his work area, "but it's not too bad."

No complaints, just a desire to be challenged, to work hard, to do a job with pride, and to help others.

That's not a bad vision for one's life. We're pleased and proud to have such a dependable, dedicated person as Bob West at New Community.



Fence repair provides a much-needed service.

THE CHEF'S CORNER



RODRIGUEZ
JOE

This month, instead of a main course, I will feature a salad—

CAESAR'S SALAD

For 2 persons:

- 12 leaves of Romaine Lettuce (whole)
- 3 tbsp olive oil
- 1 clove garlic (crushed)
- 3 fillet anchovies
- pinch of English mustard
- 2 tbsp grated Romano cheese
- 1 tbsp wine vinegar
- 1 whole egg
- ½ lemon
- drop or 2 Worcestershire sauce

croutons (2 slices of bread cubed and fried).

Pour slowly about 1 tbsp. oil around the inside of a wooden bowl. Mash the garlic and anchovies against the side of the bowl. Sprinkle 1 tbsp. cheese around. Put in the mustard, rest of the oil, the egg (both white and yolk), vinegar, Worcestershire sauce, and beat with a fork until it becomes the consistency of a dressing. Put in the lettuce and mix well. Add the croutons, squeeze all the juice of the half-lemon (wrap with a napkin to catch the pits) and mix well. Divide into 2 plates and sprinkle on top the rest of the cheese and freshly ground pepper corns.

Now, let me assure you that once you have tasted this homemade dressing, you will never want to use the bottled one from the supermarket, and if you do not want to be bothered with all the preparations, come over to The Priory and just sit down and watch me prepare it right by your table side.

This is Joe wishing you Bon Appetit.

the PRIORY RESTAURANT

At St. Joseph Plaza
233 West Market Street, Newark, New Jersey 07103
(201) 242-8012

★★★★

American Continental Cuisine
In An Old World Atmosphere

★★★★

Superb appetizers such as:

- Stuffed Mushrooms with Crabmeat
- Scallops in Bacon En Brochette
- Cold Antipasto

★★★★

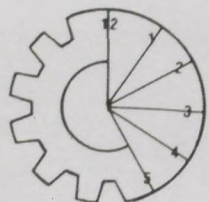
Entree favorites include:

- Scallops and Crabmeat — sauteed in a white wine sauce
- Tortellini Romano — pasta filled with crabmeat prepared in a heavy cream sauce with freshly grated parmesan cheese
- Clam and Shrimp Possilipo — with the seafood cooked in burgundy wine
- Veal Cutlet Parmigiana — a tender plump cutlet covered with a light tomato sauce and parmigiana cheese

Cocktails are available

★★★★

Lunch — 11:30 a.m. to 3:00 p.m. Monday through Friday
Dinner — 5:00 p.m. to 10:00 p.m. Monday through Friday
Sunday Brunch — 9:00 a.m. to 3:00 p.m.



NCC Employment Center

WE'VE COME A LONG WAY

The New Community Corporation Employment Center was founded in August, 1984, as a means of addressing the most serious social problem in Newark—unemployment. Unemployment has been linked directly with crime, alcohol and drug abuse, the breakdown of the nuclear family, as well as mental and physical illness.

Recognizing the overwhelming poverty engulfing one-third of Newark's residents, New Community Corporation was motivated to place a more direct emphasis on the problem of unemployment for the low and no-skilled worker. In addition to the jobs created through various New Community projects, it was decided that a no-fee employment agency could best channel resources toward finding placements for the disadvantaged job seeker.

That fateful decision has led the Employment Center to a point where it now boasts some 979 placements, support from United Way and many foundations, and, most importantly, generous assistance from many churches and individuals.

This community-wide support has made possible a modest expansion necessary to accommodate the tremendous demand for services from employers and job seekers.

The employment Center has had significant impact in placing the disadvantaged job seeker. A goal of 200 placements per year was the initial aim, but this has been far surpassed. Placements now exceed 550 per year.

Now well into its third year of programming, the Employment Center functions as a no-fee agency offering counseling on job hunting techniques and arranging employment interviews for its applicants.

Local employers, anxious to hire qualified local residents, have responded favorably by notifying the Employment Center when job openings occur. Employers simply call in their requirements and let the Employment Center do the rest. Many employers appreciate the

valuable advertising expenses and interviewing time that is saved by considering the pre-screened applicants recommended by the Employment Center.

Demand for these services has also been high from local residents. Many employment opportunities are handled only by agencies which don't give attention to the special needs of the unskilled worker. Newark area residents have found the Employment Center to be a valuable ally in locating real job openings for which they qualify. This means that in addition to "pounding the pavement," completing applications, reading the "want ads" and sending out resumes, job seekers can increase their chances for employment by following the leads of the Employment Center.

Clients who are not skilled in job hunting techniques are counseled on such matters as completing employment applications, interviewing styles, work attitudes and the realities of the job market. Periodically, job hunting skills training workshops are sponsored to pass this information on to larger groups.

Employment counselors also help applicants identify their marketable skills, show them how to highlight these in an interview, and disseminate information on training programs or other services as needed.

The commitment, energy and sensitivity of the Employment Center's counselors has proven beneficial to nearly 1,000 local residents who have secured gainful employment through their efforts. While much work remains to be done, the Employment Center has already demonstrated the effectiveness of these methods in a highly competitive labor market.

If you are an employer hoping to locate qualified local residents to fill your job openings, or a job seeker needing a little help breaking into the employment mainstream, you are encouraged to call us for many useful referrals at 643-3828.

Additional Supervisor For Central Maintenance



Larry Perry

Larry Perry has just been promoted to a maintenance supervisor for the Central Maintenance Division of New Community Corporation. Larry was originally hired in April 1986 as a Maintenance Repair Technician and was assigned to the second shift at our NCC Extended Care Facility.

Mr. Perry has been working in the building maintenance industry for over twenty years and is knowledgeable in the different phases of maintenance and repair. He enjoys working with his hands and is grateful for the opportunity to share his expertise with the men who will be assigned to him.

Larry's hobbies include fishing, boating, swimming, and remodeling his home.

Future Nurses Plan First Anniversary Celebration

The members of the Future Nurses program are making plans for the celebration of their first anniversary. They have survived the hot summer and the return to the normal school year. They are presently preparing themselves for a partnership program with United Hospital where they will serve as volunteers throughout the hospital. There will be others who will remain in the New Community Extended Care Facility and then some who will volunteer in other areas of Community Health Service.

Ms. Louise Ragin, RN of the Newark Dept. of Health will be conducting the Community Health Seminars for the program while Audrinne Bishop Cline will be conducting educational seminars and orientations preparing the girls for the completion of their program scheduled for Feb. 7, 1987. November will be an extremely busy month as we have several events planned.

Georgia Ransome

Medical Day Care Center Presents

**A SPECIAL SHOPPING
OPPORTUNITY**
Monday December 8th
10 a.m. until 4 p.m.

at NCC Extended Care Facility
266 So. Orange Avenue, Newark,
N.J.

American Health Care Apparel, Inc. will bring their fashion store to you.

Shopping for Residents — Family, Friends and Staff

Included will be sweaters, skirts, pants, jogging suits, underwear, socks, shoes, slippers.

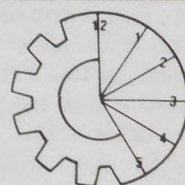
This day would provide a good opportunity for holiday shopping for residents and friends, so do come and see what there is.

Every Time You Hire, You Change Someone's Life

A steady job is more than a paycheck. It creates a sense of accomplishment and motivates people to try harder.

Every time you employ from the Newark area, you enrich the lifeblood of the community and you invest in your own business's success—and Newark's future.

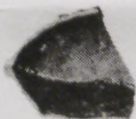
For free assistance in finding qualified job candidates from the area who meet your requirements, contact the New Community Employment Center (201) 643-3828.



New Community Employment Center

15 Hill Street
Newark, N.J. 07102

(201) 643-3828



THE CAFETERIA

At

NEW COMMUNITY EXTENDED CARE FACILITY

266 SO. ORANGE AVENUE, NEWARK

DO YOU KNOW THAT...

We Have The Best Apple Pie Around

TRY US—YOU'LL BE GLAD YOU DID!

Open 6:30 a.m. to 8:00 p.m.

BREAKFAST LUNCH DINNER

Monsignor Linder Tells The Story

On October 14, 1986 a workshop for employees of New Community and Babyland was held in St. Rose School Auditorium. The 250 persons present heard the history of New Community Corporation and Babyland for the first time.

Monsignor Linder described in detail how a few caring people turned their dreams for housing and day care into a reality. It all started after the disorders of the Summer of 1967 in Newark. In recalling the early days of the organizations, Monsignor noted the almost insurmountable obstacles which were overcome. He indicated the problems of money, politicians, lack of expertise, and state and federal agencies. Also, he made clear that the people who said, "it can't be done," were proven wrong.

New Community Corporation and Babyland have roots which were

planted in pain but have grown in hope. These organizations were planned for the purpose of making the people of Newark self-sufficient. Every new project gives employment to Newark residents which is an automatic boost to the Newark economy. The concerns of New Community Corporation cover life's gamut from infancy to extended care for senior citizens.

Monsignor Linder's "story" was followed by general remarks concerning the importance of the Personnel Handbook for which all employees are responsible. The personnel directors of NCC and Babyland, Cecilia Faulks and Martha Carroll, made some pertinent comments on their respective handbooks.

The day ended at 12:30 P.M. with a delicious luncheon served by Babyland.

Petition Seeking Arthritic Drug Ban Is Denied By Health And Human Services

The Department of Health and Human Services (HHS) has denied a petition filed early this year to ban the use of piroxicam, a widely-prescribed arthritis drug, in people over age 60.

Piroxicam, marketed by Pfizer Inc. under the brand name Feldene, is one of the most frequently prescribed arthritis medications worldwide.

Last January, the Health Research Group (HRG) a consumer-protection organization founded by Ralph Nader, asked the government to declare the drug an "imminent hazard" to public health in the elderly and to ban its use in people over 60 because of reported deaths,

gastrointestinal bleeding, perforated ulcers and ulcers associated with the drug in the U.S. and Great Britain.

The FDA held hearings in February and recently recommended to HHS Secretary Otis Bowen that the petition be denied.

In this ruling, Bowen said that research found "no basis for concluding that piroxicam is more likely to cause serious gastrointestinal toxicity in the elderly than similar products.

"I agree with FDA's recommendation and do not consider Feldene to be an imminent hazard in persons aged 60 and older," he stated.

Health Care Update SPECIAL WOMEN'S EDITION

One of my good friends who, like myself, is an attractive single nurse in her prime years recently spent several weeks enjoying and expanding a friendship with a man whom she perceived was "Mr. Right." Although almost a month has now passed she's still recuperating from the shocking, abrupt termination of the relationship. After a fun evening of dinner and dancing he took her home and suddenly said, "I know in the beginning I said it doesn't matter, but it does. I just can't stand your smoking." That goodnight was also goodbye.

Recent statistics show that 7% fewer people smoked in 1985, but now more women smoke. The highest incidence of cancer in women was breast cancer; this is now replaced by lung cancer. We know that women who smoke have smaller babies and that the body temperature of the unborn decreases as cigarette smoke is inhaled. Children who are exposed to secondhand smoke in the home tend to have more allergies and asthma

than children from homes in which there is no smoking.

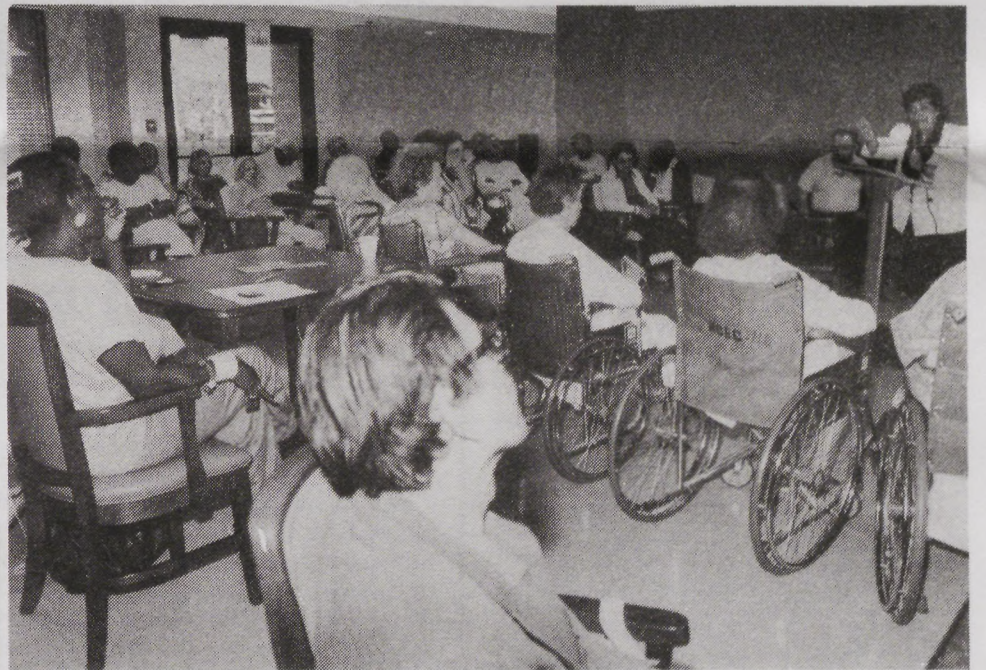
Ladies with our equal rights, do we also want equal rights to cancer and heart disease? As we look at accomplishments women have made in the "80's" must we also look at our own demise? What are we doing to ourselves?

You are right. I am a non-smoker. I tried but was never able to really learn. So, yes, I have a couple of dollars a week (a hundred a year!) more than a smoker to spend. I don't have to worry about falling asleep with a cigarette in my hand and causing a fire. I don't have to succumb to the chemicals in cigarettes which then control my body and therefore my life.

Woman to woman, the more we make smart and healthy choices for ourselves, the more strength and success we shall have. Let us learn from the facts and experiences of others to change that which we can, and be all that we can be! Take control today!

Connie Ford, RN, M.P.A.

Medical Day Care Participants Learn About Legal Rights



Marilyn Askin, Essex County Legal Services Representative, addresses a crowd of interested listeners on solutions to important problems.

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CIRCUIT
WEIGHT
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- Nutrition and Weight Control
- Daily Aerobics Classes



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Whirlpool — Sauna — Massages Available

Located at the elegant St. Joseph Plaza
233 West Market Street, Newark, N.J. 07103

We accept VISA and MasterCard.

A CHANGE OF PACE



ST. JOSEPH PLAZA
THE SANDWICH SHOP
233 W. Market Street
Newark, N.J.



Relax in the quaint atmosphere of the Atrium in St. Joseph's Plaza. Enjoy a delicious buffet including chilled wine, beer and many of your other favorite drinks.

For your listening pleasure piano selections by Curtis Watkins accompanied by Emily Ross, vocalist.

FRIDAY NIGHT SPECIAL
From 5:00 P.M. until 11 P.M.

SCRUMPTIOUS BUFFET

Cash Bar

Extended Care Facility Employee Of The Month

Ms. Maxine Williams was nominated to be Employee of the Month and she was then selected by the Employee Council to receive the surprise award which included a special certificate and a \$20.00 gift certificate.

Ms. Williams was born in Jersey City, New Jersey, later moving to Newark in 1982. She is a widow and mother of one daughter and the proud grandmother of two grandchildren. Her hobbies are cooking and playing bingo.

Ms. Williams became interested in the health profession after taking care of her sick husband after his car



Maxine Williams

accident in 1984. She attended a Health Skills Training Program to become a Nursing Assistant and became employed at Harborview Nursing Home. She was a dedicated and loyal employee. While working at Harborview, she took the Nursing Aide Certification Exam and received her certification. She heard about all the wonderful things happening at New Community and wanted to grow with the community.

In February of 1986, Maxine was employed by New Community. Since working for the Extended Care Facility, she has experienced a home like atmosphere with the staff and residents on her unit.

Ms. Williams shares her experiences of compassion and loyalty. She is kind, thoughtful and the residents benefit from her quality care given them. Ms. Williams has shown remarkable insight in observing and reporting to the Nursing Staff any changes in the residents' physical and mental conditions.

On behalf of the staff and Administrative body of New Community Extended Care Facility, we truly appreciate her efforts to make our facility a pleasant place for our residents and staff.

Congratulations on a job well done.

Jacqueline Ragin, RN
Director of Nursing

"I am very proud of being selected 'Employee of the Month', it is a great feeling of achievement.

Maxine Williams

Thanksgiving For All

Services and Baskets of Food

The Activities Department of New Community Extended Care Facility is proud to announce a very special Thanksgiving service and program for the residents of our Facility and the Newark community. Rev. McKinnon, pastor of the Gospel Outreach Church, Jersey City will officiate.

Along with Rev. McKinnon will be Rev. Peter Winsted, writer and composer of gospel music and his choir from Fellowship Church of Newark. Featured soloist will be Byron Jones, Activities Director at the Extended Care Facility.

According to Mr. Jones, "We are excited about the program and feel the best is yet to come". As part of the Thanksgiving special, 10 families in our Newark community will be provided with Thanksgiving food baskets. Rev. McKinnon and his outreach team will collect and coordinate the food delivery with the assistance of the Activities and Dietary Departments. In addition employees of the Extended Care Facility will donate canned food items. This effort has already been supported by the Missionary Group of Bethany Baptist Church of Newark through Ms. Belcher, President, who has donated 10 turkeys. Area supermarkets are also contributing a variety of foods. "We want each family to have a real Thanksgiving meal, turkey and all," says Mr. Jones.

The food baskets will be distributed on Thanksgiving Eve so that each family will wake up to a meal on this special holiday.

A Tribute From A Medical Day Care Participant

I am a "patient" participant in the above Day Care program. It is very interesting and educational to be there. We learn needle work in all forms, but knitting interests me most.

A light breakfast is served to each participant and lunch is served at 12 noon. The lunch is nourishing and prepared excellently and is indeed a wonderful nourishing meal for everyone. After lunch we enjoy games of many kinds until it is time to go home.

There are days when we are treated to piano music and singing. Some time is also devoted to lectures on various subjects. On the whole "Sister Pat" plans and carries out a very interesting, instructive day for all of us.

The service by the attendants and bus drivers is above reproach. They are truly wonderful to everyone regardless of race, creed, or color.

So far, I have nothing but good, prayerful, praise for them.

Sister Pat is a wonderful source of guidance and is a teacher for all of us. I haven't words to express her loyalty and kindness. God bless her and the Medical Day Care.

Henrietta E. Sparrow
93 years old

If Someone Cared...



Adopt A Resident

"Loneliness, Loneliness
Sometimes I feel I can't go on
People are there...there everywhere
Except for around me."

S. Lewis

New Community Extended Care Facility has many residents who feel alone and who have few, if any visitors.

You can help! Adopt a Resident for a day, today.
Call (201) 624-2020 for further details.

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N.J.T. Looks To Be F.I.T.

On October 3, 1986 over forty employees of New Jersey Transit participated in an afternoon of fitness, food and fun at the New Beginnings Spa and Wellness Center. After a brief introduction and lecture on Exercise and Stress Management, the group split into two smaller groups. One group engaged in a fast paced aerobics class while the other group got a taste of the exercise equipment in

proved cardio-respiratory capacity, increased muscle strength and tone, and a reduction in body fat.

In jobs where fitness level is important to specific task performance, lack of fitness can result in substandard performance, accidents and injury.

Employees are the most valuable corporate investment. Sedentary living and its consequences cost the country billions of dollars every



NJT members try their wings in the Spa's circuit training room.

the circuit training room. After a quick shower, it was back to the conference room for a light lunch.

N.J.T. is unquestionably the biggest corporation that has shown an interest in an employee fitness program, at the Spa. While each corporate program is designed according to specific and differing corporate needs and interests, in general active participants will experience increased flexibility, im-

proved cardio-respiratory capacity, increased muscle strength and tone, and a reduction in body fat. In jobs where fitness level is important to specific task performance, lack of fitness can result in substandard performance, accidents and injury. Employees are the most valuable corporate investment. Sedentary living and its consequences cost the country billions of dollars every

Shiatsu Massage At New Beginnings

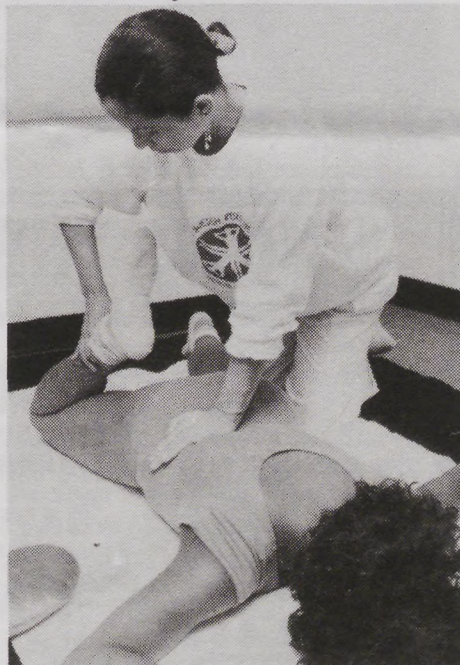
In Japanese the work shi means finger and atsu means pressure. Shiatsu, also called acupressure, is an oriental massage in which fingers are pressed on particular points of the body to ease aches, pains, tension, fatigue, and symptoms of disease. These points are called tsubo and are the specific places in the body's skin and muscular system where nerves hurt or feel uncomfortable when the flow of energy through the body is blocked.

In Shiatsu we manipulate the tsubo, which might sometimes initially cause a slight discomfort for the patient, depending on his condition. However the energy circulating brings relief of pain in a wonderful way with awareness and satisfaction. Easing a headache we don't always treat the client around the head. Going down the dorsal lower legs would bring relief. An aching point is not at the same spot as the source of the complaint and may, in fact, be far away from the origin of the discomfort the client is feeling.

Ideally, Shiatsu is best used to maintain health, vitality and stamina in the body and to strengthen our internal organs and prevent energy from getting blocked. In general, one finds Shiatsu most useful in raising the life energy level, making us strong, healthy,

and resistant to disease.

The wonderful thing is, you can also give yourself Shiatsu and do a series of exercises to make you own body stonger. Receiving Shiatsu massage is one way of learning. It is easy to imagine how the art of Shiatsu came into existence, just by considering your own experience with pain and discomfort and your desire to find a way to obtain relief. The



Miriam Aldebol gives a Shiatsu massage to a member at the New Beginnings Spa.



at ST. JOSEPH PLAZA
233 WEST MARKET ST.
NEWARK, NEW JERSEY
(201) 624-7373

Don't Weight Start Walking

The Fall is an ideal time to get started with a walking program. The days are cooler, the air is fresh, and the leaves are changing, creating new scenery around every turn. The added bonus to all this fun is that you can get in great shape and lose weight while you walk.

The best way to get started is to consult your Doctor. Let him know what you plan to do and let him give you a general physical, just to be safe. Next you need to pick an outfit that is comfortable. Loose fitting pants that will let you move and a top appropriate to the weather are in order. Of course, the most important part of your walking outfit is your shoes. A running shoe which will offer a lot of support, but is at the same time light and comfortable is best for walking, but the decision is up to you. Try several different types because every foot is different and what is comfortable to one foot may be misery for another.

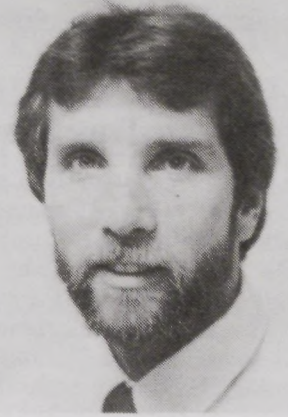
Now you're all dressed up, but not sure where to go. This problem has many solutions and all of them are very acceptable. First of all, if the

natural reaction to pain is to place the hand on the area that hurts you, or to press it with your fingers. If you have a sinus headache you squeeze your nose. If you feel tense and nervous you rub your neck. If your stomach hurts, you rub or clutch it. A mother instinctively rubs and caresses a baby when it begins to cry. Shiatsu is merely an established, concrete, and more complex method of this instinctual form of healing.

Perhaps the reason Shiatsu has gained recognition in the United States is that Americans long for a personal system of healing, to fill the gaps created by highly impersonal and technical methods. But then again everything has its place; both must be recognized to maintain a balance. Through Shiatsu one learns to understand oneself intimately and consciously. One learns about pains that weren't realized in the conscious mind, for we have the tendency of putting our pains on the back burner, giving them very little attention while waiting for the pain to disappear, only to find them rise at another time and place.

So I leave you with this thought in mind: Shiatsu Massage is a way of bringing you closer to knowing yourself.

Miriam Aldebol



by Kerry Gillespie,
Exercise Physiologist

weather is nice, the local park or bicycle path would be perfect. Often parks and bike paths have markings denoting the mileage, which will help to motivate you when you are ready to do more. If the weather is not so good, a perfect alternative to the park could be a mall. They are large, dry, and the climate is usually very comfortable. If you are really serious about your walking get there early before the stores open, so you don't have to contend with all the people. Most malls are aware that people use them to do their walking and many of them have maps with distances marked off. If the mall has such a map, you would obtain one from the mall office.

Let's take a look at what we have so far. We know what to wear, where to do it, and of course we all know how to walk, but what about why? That is the easiest question of all to answer. First of all, everybody is weight conscious and walking is a great way to lose weight. Walking is an aerobic activity, and by nature aerobic activities burn fat as their main fuel source. So walking can help you lose weight or maintain your weight, once you lose it.

The very fact that walking is aerobic means that it will benefit the heart and the muscular systems of the body. Actually it has been proven just as effective as jogging, if done fast enough, for a long enough period of time. However, unlike jogging, walking will greatly reduce your chances of injury, by reducing the force that you exert on your feet and legs.

One of the most recently discovered benefits of walking is the effect it has on osteoporosis. Osteoporosis, the de-calcification of bone, which takes place mainly in post-menopausal women, occurs to a much lesser degree in women who exercise regularly. The resistance of the exercise coupled with gravity will help maintain the integrity of the bone. Now blend that with a diet rich in calcium and you greatly reduce the possibility of your bones becoming brittle.

The one benefit that is probably the most overlooked is that walking can be fun. You really don't need any special equipment or special place to it. You can do it with a friend or by yourself. You can do it with a radio or you can use the time to think.

No matter how you choose to walk, enjoy yourself. Keep in mind what Shakespeare said, "A merry heart goes all the way, a sad one tires in a mile."

Security Corner

Color Guard In Columbus Day Parade

For the second year in a row, the NCC Color Guard marched in Newark's celebrated Columbus Day Parade. In 1985, the Color Guard was called upon by the Parade Committee to act as the official Color Guard for Governor Thomas Kean. This year, 1986, the committee requested that the Color Guard be the official Color Guard for the West Point Military Academy Band, which subsequently led the entire parade. These requests were just two of many the guard receives.

In 1985, the Guard led the parade on Broad Street, that preceded the opening ceremonies of the Junior Olympics held in Newark. At that time, they were asked to march directly in front of the United States Army Band, which was immediately followed by hundreds of young athletes from around the United States.

Also on January 15, 1986, the guard participated in the official Black American Heritage Flag-raising ceremonies, held in honor of the late Dr. Martin Luther King. The ceremonies were held in front of Newark City Hall. After the newly designed flag was raised, three NCC Color Guards, fired M16 rifles in salute to the slain leader.

As noted in last months Clarion, the guard had participated in the Annual Afro-American Parade in Harlem, New York City, this past September.

NCC Security is extremely proud of the Color Guard that represents the entire corporation with pride and dignity as it so stalwartly marches on and on.

Color Guard Members participating in the Columbus Day Parade were:

Sgt. John Jackson (Commander)
Sgt. Morris Fleming
Khadijah Abdullah
Terry Robinson
Champ Blackwell
Larry Best

Security Officer Best, prior to joining New Community Security, was a member of the U.S. Army, who had participated in the invasion of Grenada freeing the American Students, and for this he received the U.S. Army Combat Infantry Badge. Officer Best is now a member of the Army Reserve.



S/O Russell (R) flashes a winning smile as he receives his award plaque from donor Len Schlosberg (center) and Security Director DuBose.

Security Officer Russell Honored

NCC security is proud to announce the selection of Security Officer Bernard Russell as the first recipient of the "Officer of the Month Award."

Officer Russell joined NCC Security on February 4, 1985. Since then, he has worked on a variety of assignments in a professional manner, and accepted all of his duties, no matter how unpleasant, with a positive and loyal attitude. His mannerism is always pleasant and cordial and his attendance record is perfect. His appearance is immaculate and commendable. Most of all, he is respected and well liked by his fellow officers. In May, 1986, at NCC Security's Second Annual Awards Ceremony, he received a special award in recognition of his dedication to duty. Presently assigned to St. Joseph's Plaza, on the second shift (4:00 P.M. to 12:00 A.M.), Officer Russell has received many expressions of appreciation from those who frequent St. Joseph's, for the courteous and professional attention, that he so unselfishly gives to all.

The Officer of the Month Award was presented to Officer Russell on Tuesday, October 28, 1986, by Mr. Len Schlosberg of Katzen Uniforms, Inc., who along with NCC, sponsors the award. Mr. Schlosberg had expressed an interest in NCC Security, after having read so many positive articles. When informed that the Director of

Security James DuBose, was initiating an Officer of the Month Award, Mr. Schlosberg requested permission to contribute a plaque each month to the recipient of the award. Security Director DuBose and Associate Director, Otis Rhymes are responsible for selecting the officer of the month. Director DuBose stated that Officer Russell was chosen as the first awardee, because he demonstrates the type of discipline and character the NCC Security strives to instill in all of its personnel. NCC Security congratulates Officer Russell for a job well done and wishes him the very best.

Russell for a job well done and wishes him the very best.

Intrepid Museum Visited By Youths

On Saturday, October 25, 1986, members of the NCC Security Youth Program journeyed to New York City to visit the "Intrepid Sea and Air Space Museum," which is presently dry docked at the pier on 42nd Street. The Intrepid was an aircraft carrier during World War II, carrying 103 aircraft and approximately 3300 men, and served as a recovery vessel for returning astronauts during the early stages of the space program.

The youth saw many modern jet aircrafts and two films. The first film "the Spirit of the Intrepid," was about the Intrepid's most harrowing days during the war in the Pacific in 1944. The second film was "Airpower at Sea", a picture about today's most thrilling Navy and a voyage aboard the nuclear carrier Nimitz during air wing operations.

The youth who went on the trip were: Scott Brown, Billie Harper, Ira Brown, Ira Bowman, Paul Harrington, Dwayne Parker, Kinard Thompson, Rahman Holloway and Gerald Cannon. They were accompanied by Director of Security, James DuBose, NCC Systems Analyst Jim Rorhman, and Security Officers William Bass and Amin Muhammed.

After the two and a half hour tour, the group visited New York's famous Chinatown, where they all feasted on succulent Chinese cuisine.



Excited youngsters line up for a souvenir snapshot in front of the USS Intrepid.



The NCC Color Guard sets a brisk pace in the parade.

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Sentinels Endow St. Rose School

On the occasion of the New Community in-service workshop on Tuesday, October 14th at St. Rose of Lima School, the Sentinels of New Community Security donated the sum of \$800.00 for the establishment of an endowment fund for the school. The Sentinels, a non-profit benevolent association of security officers was founded a year ago. This community minded group of security officers holds several annual fund raisers

Sergeant of Arms; and John Jackson, Public Relations Coordinator.

Mr. Arthur L. Wilson, Principal of St. Rose of Lima was informed that this gesture was only one of many installments the group promised to make to the school over several years.

James DuBose, Director of Security, commended the group by admitting that "this gesture of the Sentinels has demonstrated the ideal of Networking as it should exist bet-



The Sentinels proudly offer their check to Monsignor Linder (R) and St. Rose of Lima School principal Arthur Wilson (second from right).

which include dinner dances at St. Rose of Lima School auditorium. "St. Rose's School has always been available for us (the Sentinels) to hold our social affairs," says William Cameron, President of the Sentinels. "This is just one way we saw fit to show our gratitude."

"We thought that by doing this," added Bernard Holloway, the organization's Vice President, "there would be something around for a long time and that would mean a lot, not for just now, but for future years."

Other officers in the Sentinel association are Carmen Maldonado, Secretary; Shiela White, Business Manager; Patricia Sherrod, Financial Secretary; Matthew Richardson, Treasurer; Jane Richardson,

ween St. Rose's, Babyland and New Community. They (Sentinels) recognize that the public they protect is also the people they should support and serve."

Along these lines, Sergeant Cameron informed Mr. Wilson that the Sentinels are donating some of their resources to provide entertainment for seniors at several buildings in our complex. The expense of establishing a video movie-of-the-month club would be realized by this association.

The Sentinels will host their upcoming Pre-Thanksgiving Day Dinner-Dance at St. Rose of Lima School on Saturday, November 22nd in the School Auditorium.

Join hands in peace

Elizabeth F. Dougherty, D.M.D.

and

Audrey Malone, D.M.D.

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at

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Extended Care Facility
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Child Study Team At Newton Street School

Newton Street School welcomes a new Child Study Team this year. The Team consists of Mr. John Lynskey, social worker; Mr. Jack Miller, psychologist; and Ms. Ida Robinson, learning consultant. The Team will be assisting youngsters who experience special problems in learning or behavior.

Mr. Lynskey is at Newton Street School on a full time basis and will be working with both youngsters and their families as well as making contact with community agencies. Ms. Robinson and Mr. Miller are in the school on a part time basis and will be involved primarily in Child Study Team evaluations.

Nutrition Class At Roseville

"You are what you eat and you eat what you are," remarks Carolyn Sebastianelli, nutrition teacher from Essex County College, while Elizabeth Kelly, Bessie Alston, Rose Franchi, Rosalie Richardson and Evelyn Massenburg take a better look at themselves. Through this Essex County College outreach program at New Community Roseville, Mrs. Sebastianelli makes everyone diet conscious. This means more than watching calories. It includes proteins, carbohydrates, minerals, starches and fats and stresses balance and variety in meals.

As a good back-up for her charts, Mrs. Sebastianelli also refers to the food concession located directly behind her for a concrete illustration. Bessie Alston, a participant in

Along with practical information on nutrition and special reference for diabetic and hypertension diets, the course offers an opportunity for social stimulation through a back-to-school experience.

You might notice some of the nutrition students carrying a pad and pencil with them as they seriously undertake their homework project of listing everything they eat for three consecutive days. While grades are not included in the course, no one would deny that Elizabeth Kelly has been at the head of the class so far.

It's fun. Listen to the laughter in the community room on Friday mornings. But, along with the fun there is a deeper experience at the core of it all. The class heightens awareness



Carolyn Sebastianelli makes effective use of graphics during a nutrition class at NCC Roseville.

the class and manager of the concession, wonders whether she'll notice any difference in the buying habits of her customers.

On ten consecutive Fridays from October to December this nutrition class is being offered at Roseville.

of personal responsibility for what we become and sensitizes us to the wonders of the human body and respect for its functions. A little consciousness raising can go a long way.

Sister Kathleen Coll

NC Commons Seniors

Julia James, President of our Arts & Crafts Club had a guest this month from arts & crafts at NC Gardens — Mrs. J. White. Mrs. White will be visiting once a month and will get ideas from various clubs and spread the good word about them to others.

The 140 Club's bus trip to Atlantic

City was a huge success. The proceeds will enable this building to buy their own V.C.R.

The Halloween Theme in the Community Room looks beautiful, due to the efforts of Viola Walker & Zeph Johnson.

10/17/86

Connie Wise



Jack Miller (L), Ida Robinson and John Lynskey discuss how best to accomplish their goals.

Thanksgiving

At Your (Social) Service

by the Staff of NCC Social Services Department

Girls Club Active

The Girls Club resumed in October with different activities going on in Newton Street School Gym on Tuesday & Wednesday.

To join just stop by Social Services at Garden Pavilion, 220 Bruce St., Newark, N.J. between 11 a.m. until 7:00 p.m. or call 623-6114 and ask for Sheila.

Events will include roller skating,

gymnastics, rap sessions, basketball, volleyball meetings, cheerleading, drill team, birthdays of the month, attending of the monthly movies, bowling. There will also be guest speakers. If you have any question concerning this please feel free to call me.

Sheila Washington
Assoc. Youth Coordinator



Fun is the name of the game when you're on roller skates.

Video Heaven

N.C. Senior Manor residents are the proud owners of a new VCR unit which they purchased with monies from a summer fund raiser. It should also be noted that this VCR is connected to a television which was purchased from ticket sales of a fashion show held earlier.

Friday nights will never be the same, because this is the time designated as "Video Night." With the addition of a VCR such honored guests as **Rambo**, **The Gremlins**, **Cocoon** and many more will be making their appearance in the community room's viewing area. The video tapes will be obtained from two sources — the Newark Public Library and a rental club when necessary in addition. The selections from the

Newark Public Library are free. Tapes will be selected and shown on a regular basis. To cover the cost of the rental club fees there will be food items on sale at each performance such as hot dogs, soda & popcorn to give the real movie theatre effect.

At last a place to go "out" to the movies without having to fight the cold or crowds.

The video night shows are free to the tenants of Manor Senior. Their guests will be asked to pay a small cover charge of 50 cents each to help with expenses.

Watch the bulletin board for coming attractions.

Joyce Holmes
Social Services

Senior Annual Christmas Party

Our annual Christmas bash will be held December 12th at N.C. Associates, 180 So. Orange Ave. in the community room, from 3 p.m. to 9 p.m., (For ticket price and transportation call Social Services at 623-6114).

Each year the party gets bigger and better. There are a lot of fun-filled events planned. A scrumptious menu is under preparation plus live entertainment for your listening and dancing pleasure.

One of our entertainment groups this year comes to us courtesy of Ms. Liz del Tufo of the Essex County Parks and Recreation Depart-

ment. We'll be swept off our feet by the popular tunes of "Danny Hope and the Essex County Senior Band". This is a very famous group which has been giving performances all over Essex County and other parts of New Jersey with their lively "Swing Band". So dust off your dancing shoes and come join the fun.

There will also be a surprise visit from our favorite man with a twinkle in his eye!—to give out a few surprises.

This is an affair you won't want to miss! A Feliz Navidad - Merry Christmas celebration for all!

Senior Activities Calendar

November 1986

- Nov. 4 Election Day — Remember to cast your vote!
- Nov. 7 Free Flue Shots at St. Joseph's Plaza 10 am—2 pm
- Nov. 10 Bus trip to K-Mart leaving from Senior Bldgs. & Douglass-Harrison 9:00 am
- Nov. 15 Vegetable picking at "De Wolf Farm" New Egypt, N.J. Leave Senior Bldgs. and Douglas-Harrison at 9 am
- Nov. 18 Senior Advisory Board Meeting at St. Joseph's Plaza Conference Room — Appreciation Luncheon 1 pm
- Nov. 21 Bus Trip to Ringling Bros. Barnum & Bailey Circus at N.J. Meadowlands Arena. Cost \$6.00 — Bus leaves Senior Bldgs. at 9 am - Return about 2 pm.
- Nov. 27 Thanksgiving Day! Bon Appetit!

December 1986

- Dec. 1 Social Service Tree Lighting Ceremony — 5:30 pm at 140 So. Orange Ave.
- Dec. 9 Senior Advisory Board Meeting at 15 Hill St. at 1 pm.
- Dec. 10 Bus trip to Atlantic City. Leave from 545 Orange St. at 9 am. Cost \$5.00.

- Dec. 11 Blood Bank Drive held at 545 Orange St. for all of New Community and Bablyland from 10 am — 2 pm. Help Save Lives!
- Dec. 12 Seniors combined Christmas Party held at 180 So. Orange Ave. from 3 pm — 9 pm. Food, gifts, music, dancing and more (cost to be announced).
- Dec. 13 Christmas Show & Dinner held at **The Hunterdon Hills Playhouse**: Play called "My Three Angels." Bus leaves 180 So. Orange Ave. at 5 pm and 545 Orange St. 15 5:15 pm. All are welcome — pay for ticket in advance — all seats \$35.00. Return around 11 pm.
- Dec. 15 Bus trip to Livingston Mall from Senior Bldgs. and NC Douglas. Leave 9 am.
- Dec. 15 Homefriends Christmas Party at 220 Bruce St. Pavillion — 1 pm.
- Dec. 18 Roseville Seniors Golden Age Club Christmas Party with Lou De Groat at 545 Orange St. Meeting Rm.
- Dec. 19 NC Commons Seniors Christmas Party
- Dec. 25 NC Gardens Seniors Christmas Party Christmas Day

Let's Be Blood Buddies

On Thursday Dec. 11th there will be a blood drive held at 545 Orange St., Newark, N.J. between the hours of 10 A.M. & 2 P.M. This is one of the few times when you are being asked to donate something towards a very worthy cause and it doesn't mean going into your pocket to do so.

"As a normal, healthy adult, you have ten to twelve pints of blood and can easily share just **one**. In fact, your body is continually creating new blood cells, a process which goes on even as you donate. Within 24 hours your normal blood volume has been replenished, and after eight weeks you may safely donate blood again.

In fact, it's not only safe to give blood, it's downright tonic. You'll feel great about yourself for days," says New Jersey Blood Center.

There are lots of excuses one can come up with for not giving blood. Here are just a few.

1. My insurance covers the blood I will need.

Many insurance policies do cover the charges surrounding a unit of blood and its administration, but dollar bills cannot be transfused. **Blood** must be available when a patient needs it.

2. They will take too much and I will feel weak.

Less than a pint is taken. Each person has about two pints of blood for each twenty-five pounds of body weight. The volume given will be restored in 24 to 48 hours. A detailed screening process prevents persons who should not donate from giving.

3. "I am on medication."

Birth control pills do not directly affect the blood stream. Any woman on the pill who is otherwise qualified may donate safely. Check any others.

4. "I am afraid to donate blood."

I could catch a disease from the needle."

It is virtually impossible to catch a disease from the needle. The needles are brand new, completely sterile before use and are disposed of after the donation.

5. "It's too inconvenient to donate and I'm too busy."

How would you feel if you needed a transfusion and a potential donor said this? Is your life worth a half hour of someone's time? Is someone else's life worth a half hour of yours?

Sharing blood is special. It is a way to help someone else, perhaps a relative, friend, or stranger.

It is particularly important to donate blood during this time of the year, because unfortunately there is a greater need for larger supplies. The holiday seasons as joyous as they may be for some, are just as tragic for others. Think of your donation as that special "gift" to someone this holiday season.

It is even more important that the black and hispanic members in the community come out and participate. It is in these areas where the volume of donations is the lowest, largely due to lack of information and interest. That is sad because this particular blood group is in great demand due to the variations of blood types. When the demand is high and supply is low, someone's life is left dangling while a search for an adequate supply is made. Hopefully, it will not be your life.

Afraid to donate alone? Tell a friend to come and donate with you. It takes only a half hour to add on years of health to someone.

How about it? Be a Blood buddy to a stranger and do something nice for yourself.



NC Associates

A Special Dinner is Served

Several handicapped and shut in residents enjoyed a delicious meal prepared for them on October 11, 1986 by the Associates Senior Citizens Organization. This is the fourth year the Organization has sponsored this event. The President, Maude Jones, officers' and members' hearts were made to feel glad when they saw how the dinner was enjoyed by the recipients. Dinner included turkey and trimmings, ham, candied yams, string beans, collard greens, baked beans, baked macaroni, potato

part of the entertainment. The Helping Hand Club's name is self-explanatory. They believe in giving flowers while a person can still smell them. The afternoon was enjoyed by those who attended.

Don't quit

When things go wrong, as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,



The team that made dinner at NC Associates a scrumptious happening.

salad, black eyed peas, corn bread, cake and punch. There was an attitude of contentment and gratitude in the Community Room where the dinner was held. Dinners were taken to the shut ins and all handicapped Seniors in the building were invited.

Helping Hand Club

No act of kindness, no matter how small, is ever wasted. Thank you Sister Veronica for coming and taking pictures for us. On October 19, 1986, NC Associates hosted the "Helping Hand Club" who were honoring one of their members, a Mrs. McDaniel. Four Associates tenants are members of the Helping Hand Club. They are Martha Plummer, Maude Jones, Oler Peterman, and Otula Brown. The 180 Inspirational Chorus was on the program as

Rest if you must but **don't you quit.**

Life is queer with its twists and turns,
As everyone of us sometimes learns,
And many a person turns about
When they might have won, had they stuck it out.

Don't give up though the pace seems slow

You may succeed with another blow
Often the struggler has given up
When he might have captured the victor's cup

And he learned too late, when the night came down

How close he was to the golden crown.
Success is failure turned inside out --
So stick to the fight when you're hit
It's when things seem the very worst
That you mustn't quit.

(Author Unknown)

Phyllis Burton

AARP Books Offers "Myth Of Senility"

Senility is neither a disease nor an inevitable consequence of aging, according to Robin Marantz Henig, author of *The Myth of Senility: The Truth About the Brain and Aging*.

Newly revised and updated in paperback, the book has recently been released by AARP Books. Henig differentiates between senility and dementia and points out that the variety of physical factors that may cause dementia can frequently be controlled.

"The old mind is like an old muscle; it must be used and challenged in order to function well," writes Henig, who includes a section on the treatment and cause of Alzheimer's disease.

Source: National Association of Retired Persons Bulletin.

Advisory Board Meeting For Families

Lorraine Woolridge, Social Worker for families, met with the Family Advisory Board on Wednesday, October 15, 1986. She is encouraging all members of the Advisory Board to meet with her the **second Wednesday** of every month at 5 P.M. at New Community Gardens Pavillion, 220 Bruce St., Newark, N.J. Wednesday's meeting focused on the issues members felt were important in planning for their community and was used to disseminate any important information from the Social Services Department.

Future meetings will continue with that format.

THANKSGIVING BLESSINGS TO ALL...

A Picking We Will Go

The day started out like any other crisp, autumn, Saturday morning. The sky was bright with sunshine and it made the bones tingle for some extra activity.

On that clear 18th day of October, a number of New Community and Douglas-Harrison seniors found that vegetable picking at the De Wolf Farm in New Egypt, New Jersey, was just the thing they needed.

Armed with cutting shears, gloves, and knee pads, they were ready to go in search of fresh palate-pleasing veggies and fruits.

Due to an unexpected occurrence on the highway, traffic was rerouted and our hearty group had to go several miles out of the way before arriving at their destination. It was great though; the day was an adventure and none had any complaints.

Arriving later than planned at the farm proved to have its advantages. A lot of the early morning "pea-pickers" had departed, thus making it easier for our group to cover more ground, in search of okra, field peas, collard greens, tomatoes, apples and more.

No one returned empty-handed. Each was a little tired and soiled but was undaunted and feeling pride in having just gathered their own fresh farm grown delectables.

Another trip to the farm is scheduled for Saturday, November 15th. A bus will leave from each senior building starting at 9 A.M. Sign-up early. Seating capacity is limited.

Christmas Show And Dinner

Have you been looking for something different to start off the holiday mood? Someplace to take someone special? A treat for yourself?

Wonder no more. How about joining us for an elegant evening of entertainment and dining at the Hunterdon Hills Playhouse, in Hunterdon, N.J. We'll be leaving from N.C. Associates, 180 So. Orange Ave. at 5 p.m. and N.C. Manor, 545 Orange St. at 5:15 p.m. on Saturday evening December 13th, 1986 via comfort controlled charter bus transportation.

The evening will begin with a marvelous dinner (your choice from 5 entrees) of chicken, pork chops with apples, filet of sole, roast beef or turkey, each cooked to perfection and guaranteed to please.

Next will be a hilarious holiday play—*My Three Angels*—which will keep you laughing and set even the grouchiest person in a jovial mood.

Don't delay, this is an evening you will not want to miss!

Price of this wonderful, winter extravaganza which includes round trip charter bus, dinner and show, is only \$35.00 person. Reservations can be made with a ½ down deposit of \$17.50 and balance due on or before December 5th. Payments made through the New Community Social Service Dept. 220 Bruce St. Newark, N.J. 07103 Attn: Sister Anastasia, Call 623-6114 for additional information.

Look forward to seeing you at the show!

Joyce Holmes
Social Services

NC Gardens

All Hands On Deck

Friday, November 7th all our residents pitched in for a whole evening of fun. Pigs feet and fish dinners were served. Delicious cakes and pies, homemade by the ladies, were the talk of the evening. We had our grand drawing; thanks to all who helped sell tickets. We are now on the way to getting our large screen TV for all to enjoy in the Community Room. Since we already bought a VCR with money we raised, we are looking forward to having some really good movies on the new large screen TV.

Prayer Service

Every Monday evening we have Bible reading and reflecting on the Scriptures. We rotate in each of our apartments. The gathering lasts about one hour. If you are interested in sharing your apartment or just want to come along, please see Mrs. Edna Davis. All things are made easy, when we lift our voices to praise the Lord.

New Classes At Roseville

Self-Awareness Program

A program on self-awareness conducted by Mrs. Juanita Mims of the Newark Y.M.C.A. began at NC Roseville, Tuesday October 14. She and her staff will present programs focusing on bodily abuse through medicines and alcohol at Roseville every Tuesday from 2-3:30 p.m. depending on the interest shown and attendance.

Health And Nutrition

Beginning Tuesday October 17th and running for 10 consecutive weeks, classes conducted by Carolyn Sebastianelli, from Essex County College, will be held at Roseville from 11 a.m. to 12:30 p.m.

These sessions will be both interesting and informative and will give you a lot of facts that will benefit your health and increase your self-awareness.

New Medicaid Program Are You Eligible?

You might be eligible for the **Medically Needy Program** which provides health coverage to qualified people who are 65 or older, blind or disabled, pregnant women, needy children under 21. Perhaps you have assets that are too high to qualify for the regular Medicaid Program but could qualify for this program.

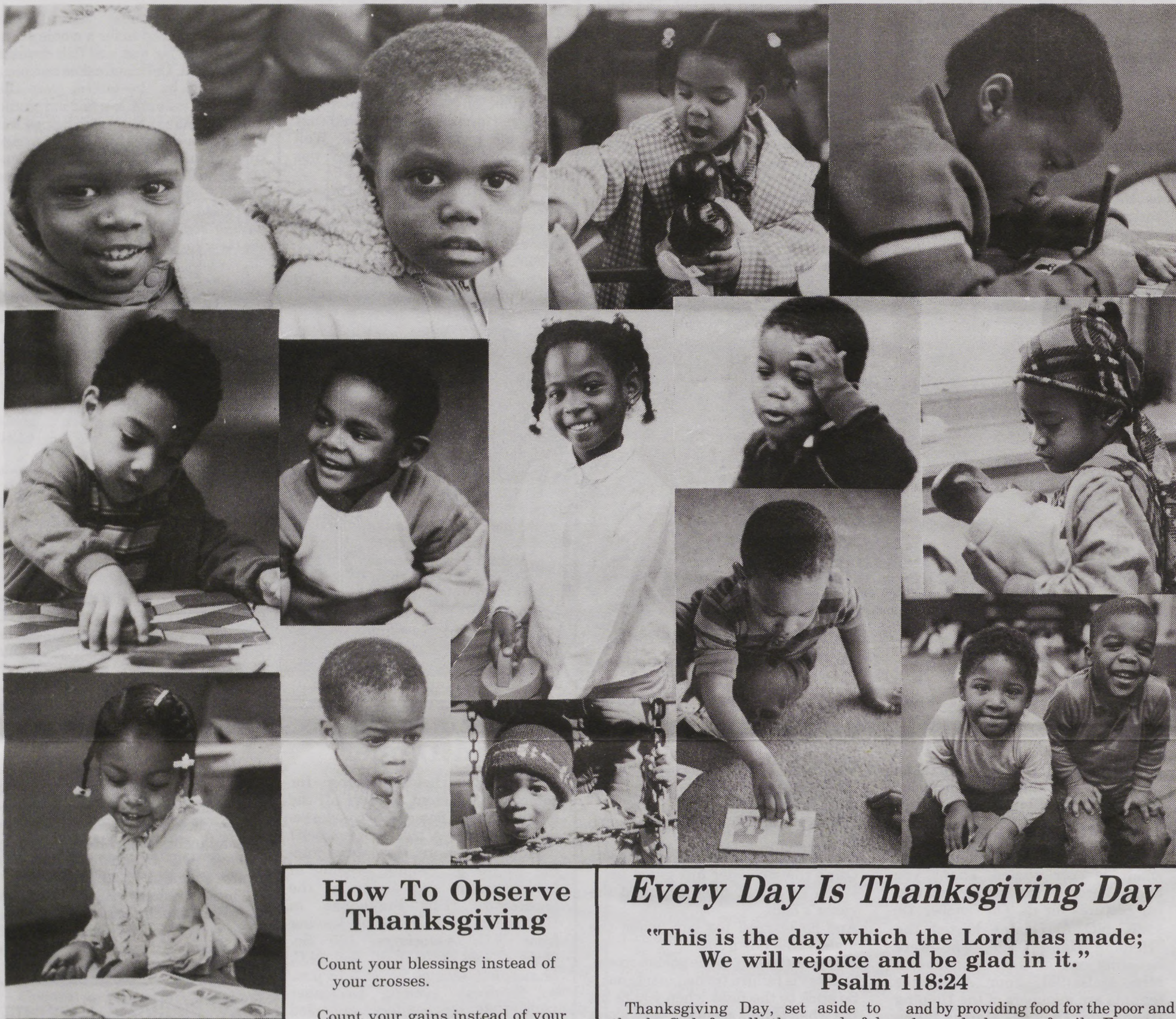
They have a special "spend-down" system of computing your actual income which could enable you to become eligible for this program. Even unpaid medical bills are used to determine your eligibility.

For further information contact the Essex County Welfare Dept., 498 Main Street, Orange, N.J. 07050, 733-3023.

That one phone call or office visit could save you a lot of money in medical expenses.

Mowbrey I. McKinley
Social Service
Human Resource

We Have A Lot To Be Thankful For



A Family Blessing

Our heavenly Father, we thank you for the food before us, the roof above us and for this family. Help us remember that a family is for growing up in, for going away from and for coming back to. It is for loving concern, for helping each other through happy times and sad. With your blessing, this family will always be together in our hearts and in our memories, giving each of us the strength to live our own lives and to be our own persons. Amen.



How To Observe Thanksgiving

Count your blessings instead of your crosses.

Count your gains instead of your losses.

Count your joys instead of your woes.

Count your friends instead of your foes.

Count your smiles instead of your tears.

Count your courage instead of your fears.

Count your full years instead of your lean.

Count your kind deeds instead of your mean.

Count your health instead of your wealth.

Count on God instead of yourself.

A thankful heart doubles our blessings causing us to enjoy them twice — when we receive them and when we remember them.

Every Day Is Thanksgiving Day

**"This is the day which the Lord has made;
We will rejoice and be glad in it."**

Psalm 118:24

Thanksgiving Day, set aside to thank God for all the wonderful things that He has given to us, also is a day for us to count our blessings, for truly we have been greatly blessed, and have much for which to be thankful. But the commemoration must not stop here. It must move onward to the service of helping others less fortunate. The early Thanksgiving Day observance was entirely religious and did not involve feasting but prayer for the blessings they had

and by providing food for the poor and those who have no family. For many people Thanksgiving Day is a merry time when they can look forward to a delicious meal, see beautiful floats and ballooned cartoon characters in parades, and watch football games. But for countless unfortunates there will be no delicious meal or entertainment as dire poverty prevails.

In our community there may be a seriously ill person, a family in dire need, a senior citizen who has no family or has been forgotten by one. Here is an opportunity to express thanks to God by sharing our bounty with them, for the Lord confides "inasmuch as you have done it to one of the least of these MY brethren, you did it to ME," (Matthew 25:40), Luke 3:11 instructs us to, "...give to him who has none, and he who has food, let him do likewise," while Hebrew 13:16 reminds us, "do not forget to share for with such God is well pleased." So, this day let us thank God for the bountiful things that HE has bestowed upon us, and let us express that thanks, in part, by giving to others. To those who love God, Thanksgiving Day is not limited to just one day out of the year. For them, **'Every Day Is Thanksgiving Day.'**



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received. Somehow, with time, some people turned away to indulge in mundane pleasures, but the faithful and grateful continued to give thanks to God at special services, in places of worship, with family gatherings,